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HOUSEKEEPERS' CHAT

Friday, April 28, 1933.

(FOR BROADCAST USE ONLY)

Subject: "Ways to Serve Lamb." Information from the Bureau of Home Economics, U.S.D.A.

--ooOoo--

One good way to reduce your grocery bill is to study up on inexpensive cuts of meat and ways to cook them. Know your meat cuts and know the cooking method suited to each one. In your kitchen files keep a collection of low-cost meat recipes that you have tried out and found good. Feature these good and inexpensive meat dishes in your menus.

Today let's talk over some good ways to cook lamb. Lamb comes on the market in largest quantities in spring and fall, but a good supply is available the year around. The old-time "mutton" is rarely on the market today. As lamb is now sold, all cuts are tender meat. So you don't have the problem of cooking tender cuts and tough cuts, as you do with beef. The most popular and most expensive cuts of lamb come from the leg, loin and ribs. The less expensive cuts come from the shoulder, breast, flank and neck.

If you are planning to have roast lamb for Sunday dinner, you can choose either an expensive or an inexpensive roast. The expensive cuts for roasting are the leg and the loin- or saddle-roast. But lamb also provides two other excellent roasts which cost less. Shoulder of lamb, which has been boned and stuffed, makes a delicious roast. So does stuffed breast of lamb. If your family is small you may find that a roast of lamb furnishes more meat than you need for one meal or even two. But don't let this stop you from serving a roast once in a while. You'll often find it an economy, for you can utilize every bit of the meat in many different ways. Serve the roast hot the first day. Serve it sliced cold the next time. Roast lamb is one of the very best meats for slicing cold. The meat that is left for the third meal you can chop up in your meat grinder, season it in many different ways, and make any one of a dozen appetizing hot dishes. No scrap of left-over lamb, cooked or raw, need ever go to waste if you know how to fix lamb curry, savory lamb on toast, shepherd's pie, chopped lamb sandwiches or other good lamb dishes. Even the bones and trimmings, which you remove before cooking, make excellent soups and meat jellies.

By the way, several friends have asked about the fell -- that thin papery outer covering on the lamb carcass. Should they remove it before cooking or not? Recipes often advise removing the fell before cooking, but the specialists believe now that this covering doesn't affect the flavor of the meat. Some cuts keep their shape better if it is left on during cooking and some don't. You'll find that a leg of lamb keeps in shape better with the fell on during roasting, but

that the shoulder, saddle and chops are better if you remove it. Here's still another point about the fell. It often shortens the time needed for roasting. If the fell has been taken off a roast, flour it well before cooking.

Another question housekeepers often ask is about time and temperature for roasting lamb. Of course, the length of time needed to roast meat of any kind depends to a large extent on how hot the oven is. Higher temperatures shorten the time of cooking, but increase the shrinkage of the meat and may make it too brown and too dry. So the specialists advise starting your roast in a hot oven -- searing it for half an hour in this high heat -- and then reducing the heat and finishing the cooking in a moderate oven. Of course, this moderate temperature makes the time of cooking somewhat longer, but you lose less juice and the meat cooks evenly and comes out with a nice light golden brown crust. Roast always in an uncovered pan and add no water. Some people like lamb cooked slightly rare. Others like it well done because the lamb flavor then is less pronounced.

If you are planning to serve lamb chops at a meal, you have several choices. Rib chops and loin chops are the most popular and most expensive lamb chops. But shoulder chops are also good and cost less. The method of cooking chops in general is the same as that for roasts. Sear the chops first. Then reduce the heat and finish cooking them at a moderate temperature. The searing brings out flavor and gives the meat a golden brown crust. You can cook chops either by broiling directly over hot coals or under the gas flame, or you can pan-broil them in a heavy uncovered skillet. Never put a lid on the skillet. Never add water.

One of the most delicious dishes that you can make from left-over lamb is spicy lamb curry. You chop the cooked lamb. Then you cook some chopped celery, celery tops and chopped onion in butter. Then add the chopped lamb, some lamb gravy or broth and a bit of curry powder and tabasco sauce for seasoning. Serve this hot lamb mixture in the center of a platter surrounded with a border of flaky boiled rice. Or make savory lamb on toast -- another delicious left-over dish. Season your chopped lamb with celery, onion, tomatoes, salt and pepper, thicken if necessary, and serve on slices of thin crisp toast.

So much for ways to cook lamb. Let's consider our Sunday dinner now. We're having shoulder lamb chops for the meat dish; then, Butter broccoli or some other green vegetable; Creamed onions; and for salad, Spring salad bowl of crisp, curly endive, watercress, and orange sections dressed with French dressing. (You can make the dressing with lemon juice or grapefruit juice instead of vinegar.) For dessert, Nut cookies or quick cake; and coffee.

Perhaps you've noticed that the flavor of lamb combines especially well with green vegetables like peas and broccoli, with onions, and with tart, crisp, green salads. Once more the menu: Shoulder lamb chops; Buttered broccoli; Creamed onions; Salad bowl of endive, watercress, orange sections and French dressing; Nut cookies or quick cake; and Coffee.

Monday will be the first of May, Child Health Day. We'll have a talk about feeding children in economy times.

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